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In the Claims

1. (currently amended) A dumbbell workout bench, comprising:
 - a) a first support frame, said first frame being substantially horizontal for engaging the ground, said first frame comprising first and second elongated parallel spaced apart ground engaging members, said first and second members each having first and second opposing ends and a top and bottom surface, said bottom surface engaging the ground;
 - b) a dumbbell receptacle being disposed on said top surface of said first end of said first support frame for receiving at least one dumbbell thereon;
 - c) a first pair of upwardly extending support legs being disposed on said top surface of said second end of said first support frame, wherein one each of said support legs corresponds to one of each of said first and second members of said first support frame, each of said support legs having first and second opposing ends wherein said second end is an upper end and said first end is attached to said first support frame;
 - d) a pair of vertical stanchions disposed on said top surface of said first support frame adjacent said dumbbell receptacle and between said dumbbell receptacle and said first pair of upwardly extending support legs, wherein one each of said vertical stanchions corresponds to one each of said first and second members of said first support frame, each of said vertical stanchions having first and second opposing ends wherein said second end is an upper end and said first end is attached to said first support frame, wherein said pair of vertical stanchions are tubular;
 - e) a pair of weight stanchions each having first and second opposing ends, wherein said first end of one said weight stanchions is slidably disposed in said upper end of each said tubular vertical stanchions, a weight rest being disposed on said second end of said weight stanchion;

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f) a second support frame being hingedly disposed on said upper end of said first pair of support legs, said second frame being substantially horizontal for supporting a user, said second frame having first and second opposing ends having a central hinge in the middle of said first and second opposing ends forming forward and rearward portions thereof, the forward portion extending between the central hinge and said first opposing end thereof and the rearward portion extending between the central hinge and the second opposing end thereof wherein said first and second opposing ends each extend away from said middle, said second frame having top and bottom surfaces, wherein said first opposing end of said second support frame is disposed adjacent said vertical stanchions between said vertical stanchions stanchion and said first pair of upwardly extending support legs so that the arms of a user can reach the upper end of each the vertical stanchion, wherein said second opposing end of said second support frame is disposed away from said first pair of upwardly extending support legs so that the legs of a user extend away from the vertical stanchions stanchion, said first opposing end of said second support frame resting on said ground when a said first folding, downwardly extending support leg is folded up against said bottom surface of said second support frame;

g) a second folding, downwardly extending support leg disposed on said bottom surface of each of the said first and second opposing end ends of said second support frame, said second leg of said second support frame legs each having first and second opposing ends wherein said first opposing end thereof is hingedly connected to said second support frame and said second opposing end thereof engages the ground to permit the second support frame to be supported and to permit the first and second end ends of the second support frame to be folded down to the ground when said second support leg is legs are in a folded position, said first end of said second support frame when on the ground is between said first and second elongated parallel spaced apart ground engaging members;

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h) a cushion for supporting a user being disposed on said top surface of said second support frame;

i) said cushion comprising first and second cushions having first and second opposing ends wherein said second ends of said cushions are oriented toward said middle of said second support frame, wherein the first and second cushions are disposed on each of said forward and rearward portions respectively of said second support frame wherein the first cushion on said forward portion of said second support frame is tilted down from said central hinge when said folding, downwardly extending support leg on the first end of said second support frame is folded up against the bottom surface of said second support frame; and

j) means for incrementally tilting said first cushion from a horizontal position to a vertical position up from the second end of said second support frame.

2-3. (canceled)

4. (currently amended) The dumbbell workout bench of Claim 1, wherein said means for being incrementally tilting said first cushion comprises at least one brace having first and second ends, said first end of said brace adapted to connect to said first cushion, said second end of said brace adapted to connect to said second support frame to permit the first cushion to be moved in increments to form about a forty-five degree angle to about a ninety-degree angle with the second support frame.

5. (currently amended) The dumbbell workout bench of Claim 4, wherein said first support frame, said first pair of upwardly extending support legs, said second support frame, and said second folding downwardly extending support leg legs are made of tubular material.

6. (currently amended) The dumbbell workout bench of Claim 5, wherein said dumbbell receptacle is upwardly concave for containing a dumbbell therein.

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7. (currently amended) The dumbbell workout bench of Claim 6, wherein said second folding downwardly extending support leg legs fold toward said middle of said second support frame so as to be flush with said bottom surface of said second support frame.

8. (original) The dumbbell workout bench of Claim 7, wherein said upper end of said pair of vertical stanchions each have at least one aperture therein, said apertures for receiving a mating pin therein.

9. (original) The dumbbell workout bench of Claim 8, wherein said first end of said weight stanchion has a plurality of longitudinally spaced apart apertures therein wherein one of said apertures receives said pin from said vertical stanchion to permit the weight stanchion to be adjusted upwardly and downwardly.

10. (original) The dumbbell workout bench of Claim 9, wherein said weight rest is upwardly concave so as to receive a dumbbell therein.